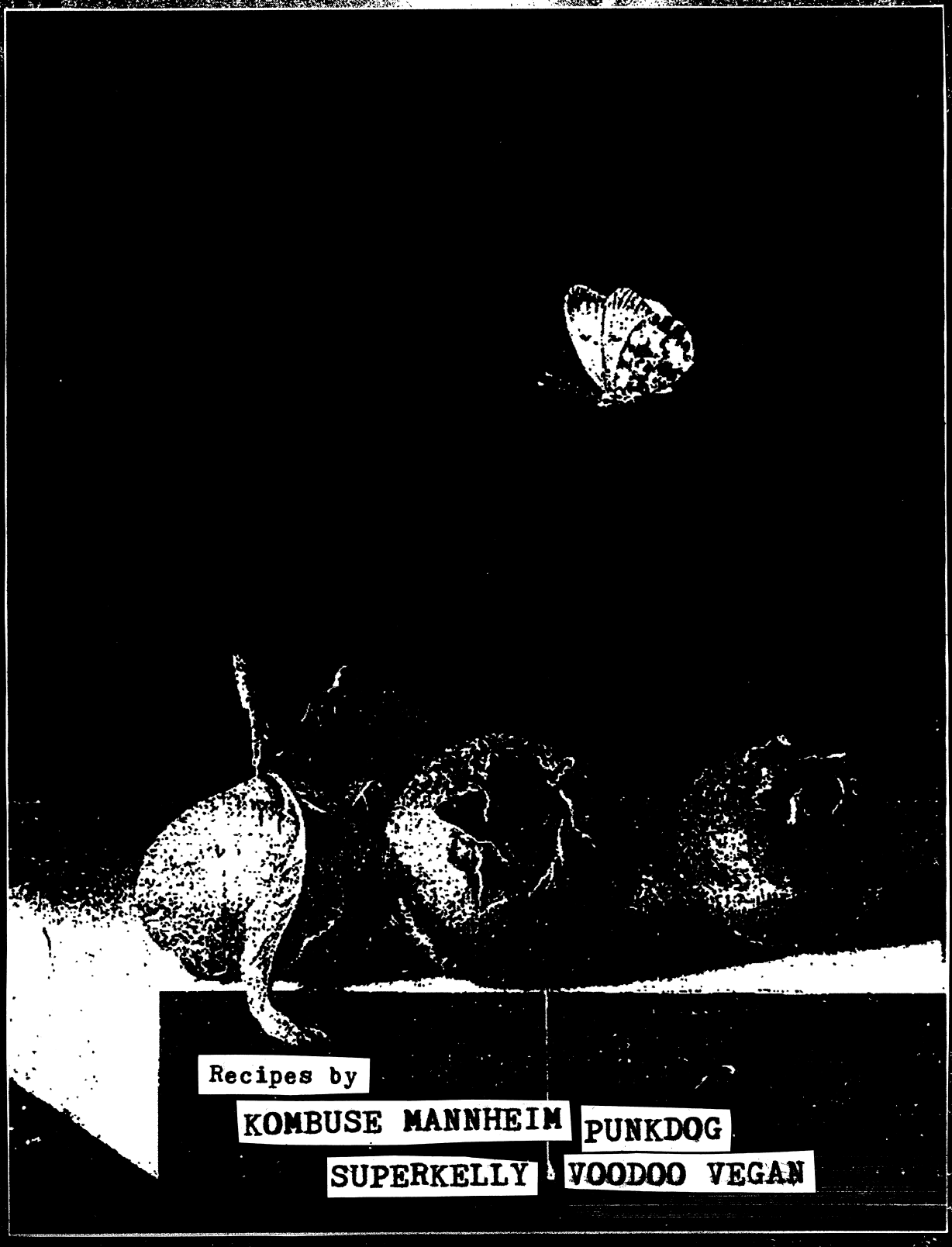
Moody Foodpecker

Four savory plant-based recipes
and a mouthful of gibberish.

N°1, April 2021.



Recipes by

KOMBUSE MANNHEIM PUNKDOG

SUPERKELLY VOODOO VEGAN

Kombuse Mannheim

You run two restaurants, right? Is there something like a golden rule to a Kombüse/Hausboot Ludwigshaven plate?

The obvious thing is that it most certainly will be vegan. We also try to make everything from scratch in-house. We bake our own bread and burger-buns, make all sauces and dips ourselves and try to make everything as wholefood as possible, although most would consider it fast-food. The basis for a lot of our main dishes are dried legumes which we soak overnight and we slow-cook them, so you'll get a good source of protein and fibres.
Usually with our daily specials you'll find some sort of raw element on the plate along with all the cooked stuff. This not only adds nutritional value but also texture to the dishes.

Who's your go-to chef for inspiration?

I don't think I can name a particular chef. I think there is a huge amount of vegan blogs/insta feeds. Just by scrolling through, we always come across interesting stuff which we'll then try to make with our own little twist.
Whenever I have some time on my hand I'll watch some food related stuff online. This could be anything from well known Netflix docuseries to some random person on youtube cooking at home.
Also talking to colleagues and co-workers can be very inspiring. Every chef has a certain style and does things a little bit different. There is always some inspiration to be found.

Kombüse

You're drummer of the NYHC inspired straight edge band Spirit Crusher. Can you tell us a food related Spirit Crusher story?

Spirit Crusher and food do exist in a very harmonius and happy relationship. We LOVE to eat. One of the many great things about being in a band and playing shows all over Europe is to get to find local vegan spots and discover new and exciting dishes. Four out of five are vegan, one is a strict vegetarian, so basically whenever we get together (we live hours apart in four different cities) we usually go out to eat after rehearsal. Sometimes we just meet up at one of my restaurants in the morning before rehearsal to feast on some extravagant breakfast.

So why the shawarma?

To be honest, because it was the last dish I made at home and my girlfriend and I really enjoyed it. With so many new vegan-convenience and ready-made products entering the market, at the moment I find it a bit more challenging to center a dish around vegetables instead of meat-substitutes. I came up with the idea by talking to a co-worker who grew up in Syria and turned vegetarian a couple of months ago after working with us. He told me about all his favourite foods growing up in syria. When talking about Shawarma I remembered that 3-star restaurant NOMA had a Celleriac Shawarma on their vegetable menu a couple of years back. Obviously I didn't want to try to recreate that, but it was rather a starting point for a fairly easy to make version.

vegan root-vegetable shawarma & tahini- yoghurt sauce

ingredients (for four)

Shawarma:

- 2-3 mid-sized beetroots
- 3-4 carrots
- 1/2 celeriac root
- 1 parsley root
- (basically all these can be replaced with other seasonal root-vegetables)
- olive oil

Spice mix:

- 2 teaspoons of each: cumin, coriander, allspice, smoked paprika, garlic powder, onion powder
- 1 teaspoon of each: cinnamon, nutmeg, star anise, fennel, chilli powder
- (If you don't want to buy all the spices separately you could just buy a ready-made spice mix. Most supermarkets should have something like Kebab spice mix in the international section.)

Tahini yoghurt sauce:

- 500 gr. of your favourite unsweetened vegan yoghurt
- 2-3 tablespoons tahini
- 1 clove of finely chopped garlic
- juice of half a lemon
- cumin, coriander, salt to taste

if available: pomegranate syrup

Serve with:

- Arabian flatbread, tomatoes, salad
- or: fries/rice, salad

preparation

1) Combine all ingredients of the yoghurt sauce and set aside in the fridge

2) Ground spices in a blender or simply combine ground ingredients.
Garlic and onion powder may be replaced with 2 cloves of garlic and 1 mid-sized onion. Simply add those to the vegetables then.

3) Clean and peel vegetables. Cut in slices. Try to cut as thin as possible. Make sure pieces are roughly the same size (a vegetable slicer could come in handy).

4) Heat olive oil in a large pan. Make sure the bottom of the pan is completely covered. Fry vegetables, starting with beetroot and celeriac. After 3-4 minutes add other veggies. As soon as all vegetables are in the pan, add a tablespoon of the spice mix and a tablespoon of salt. Fry the vegetables for 5-10 more minutes until they are tender and start to brown and crisp. Add more spice mix and salt to taste.

Serve in an Arabian flatbread with some salad, tomatoes and tahini-yoghurt sauce or with fries or rice and some salad on a plate. Drizzle with tahini-yoghurt sauce and pomegranate syrup.

Voodoo Vegan

Your culinary project was established in 2011 as a vegan restaurant/food delivery service called "Viva la Veggie" located in Rio de Janeiro. In 2017, after moving to Belgium, it turned into Voodoo Vegan. Did we Belgians provoke the JuJu?

Since the beginning in Brazil we were very rock'n'roll driven - "Viva la Veggie" was called this way because of Elvis' "Viva Las Vegas". Maybe because of our backgrounds... both of us have a strong bond with music. One of us played in punk bands for many many years. Our latest band, Os Krakens, can be found somewhere on the internet. If you search for Viva la Veggie's channel you may find stuff like Joey Vegone singing vegan versions of Ramones' songs or recipe videos with Robert Johnson's and the Bad Brains' HR seal of approval.

The thing is that when we came to Brussels, and one of the reasons that made us move here was Belgian beer, we did some research on what was being offered as vegan food. We saw there was no 'exotic' food running at that time. You see, we were always foodie tourists and we saw the opportunity of filling that gap, pretty exciting.

Three immigrants in Europe's center cooking food from all parts of the world to people from everywhere. It was a new phase of our lives and we thought we could use a new name. Maybe the name Voodoo Vegan makes our passion for the blues, EC Comics and vintage Hollywood B horror movies more explicit. But the DIY spirit that serves as a base to everything we do has always been the same. From the logos to the food, we do everything ourselves, by hand, using the rustic means at our disposal as a challenge in a way of keeping things even more interesting.

And it's also a good alliteration, don't you think? VV ... voodoo ... vegan...

I guess it's accurate to say that Voodoo Vegan honors traditional recipes from all over the world by making their vegan counterpart. Often you explain the origin of the recipe or give some general background info on it as well. What's one of your favorite background stories to a dish?

We have many favorite background stories to dishes from all over the world. I risk to say that food is the one thing we love unconditionally in every culture. That's why, underneath all that what people might see as Voodoo Vegan's nonsense, there is serious research when we make a dish.

Few things make us more pissed than seeing a dish misrepresented. We are already veganizing the recipe, which is more than fair since no sentient being should be enslaved, so we feel that extra care is needed.

Let's say one of our favourite food background stories is related to one of our favourite dishes ever: Tacacá!!!!

Tacacá is a kind of 'soup' with indigenous origins quite common in the North of Brazil and except for the dead dried shrimps that you can easily ask to be omitted, it's completely vegan.

The process of making the tacacá is pretty much the same for centuries: one ferments and boils the juice of a yellow poisonous type of wild cassava (aka manioc) for days to create the 'tucupi' with its salty and sour flavours; during the process you get the starch of the same manioc, called 'tapioca'. Heat it up until it gets a spit/cum gummy consistency - that's for the tacacá, because you can do more things with the tapioca and also from the fiber you get from this process, from which you may get the cassava flour, a staple in Brazilian cuisine.

Isn't it a wonderful tuber? The manioc? We love the fact that you can do so many things with it and use it all. No wonder it has been the base of indigenous diet for so long! Even before the Portuguese came and kill most of them. But that's another story.

Back to the tacacá. Then there is the 'JAMBU' - I risk saying it's our favourite green! It's a plant quite common in humid areas, its texture is somewhere between spinach and watercress, the taste touches the likes of the watercress but it delivers you a NUMBING feeling! Even more numbing when they serve the plant with its flowers. It's like you have snorted cocaine, or licked a car battery, or just left the dentist: heaven on earth!

To wrap everything up they use another type of greens called 'chicory of the North' (tasting something like cilantro) and yellow 'cumari' pepper (a citrusy pepper quite spicy by European standards). Believe us, it's magical!

Tacacá is also believed to improve your sexual desire and cure the heaviest hangovers.

So we get married. And where are we going for the honeymoon? Manaus, capital of the state of Amazonas! The goal? To have as much different tacacás as possible and drink as much manioc spirits as possible (especially the ones with jambu in it). Ok, we also wanted to visit indigenous tribes and see the Amazon rainforest, one of Brazil's treasures, before it gets all burned down for the sake of 'cattle farming'. Anyway, the goals were all successfully accomplished. We had a tacacá overdose but we are fine now.

We tried to make it here, even though of course we couldn't find neither the jambu, neither the chicory of the north nor the right variety of wild manioc. We adapted using white African cassava and watercress marinated with Sichuan pepper to add that numbing feeling. Unfortunately it's a labour intensive process and difficult to replicate in a large scale for us.

In Manaus' daily market for example some vendors had huge pots, the size of a little person, placed on the ground on an open fire, filled with boiling manioc juice that someone would keep on stirring almost 24h/7 so that they could keep on bottling new batches and sell it since early in the morning.

Although our adapted version turned out very good, it wasn't the same of course. So if you are curious and want to taste the real thing we recommend you to go to the states of Amazonas or Pará. You won't regret it.

Fair to say that you guys travel quite often. There's that saying about 'food bringing the world together'; would you agree ? Could you share a pleasant travel-related food story with us?

Totally. Food brings the world together for sure.

Well, just before the Covid twilight zone craze we visited Mexico. We always wanted to do that... we are huge fans of Mexican culture in general but there was a main factor for us to finally decide to visit that great country: MEZCAL.

We discovered it a couple of years ago and liked it so much that we bought books and read lots of stuff about it. We don't go for the mezcals where they use mules' slave work in the process of grinding the toasted agave. It's not hard to find that kind of info since mezcals' labels are generally quite specific.

Once we arrived there we became addicted to pulque and visited all the pulquerias in Mexico City and Oaxaca. Those were the two regions we visited.

By the way, if you are curious about authentic stuff regarding food or what else we give you two tips:

Firstly: don't be afraid to explore the outskirts of more touristic places. That's something that applies to every place you go but specially for Mexico City. We've been to places considered pretty dangerous, like the Tepito neighborhood, and that's where we found the most authentic experiences in the city.

Secondly: go to Oaxaca! There's lots of Mezcal over there and their gastronomical culture, very ancestrally rooted, is a charm to discover!

Can you give us a little bit of background to the recipe you're presenting here (anything we should know about it)?

Yes! Some years ago we've visited Tennessee, Kentucky, Mississippi and Louisiana. The main feeling of this trip was musical. We wanted to visit Graceland, Sun Records, do The Blues Trail etc. Well, guess what ... we sure are quite fond of moonshine, bourbon and Tennessee whiskies. So it was a good opportunity to also visit many distilleries and feast ourselves on Creole and Cajun food when in Louisiana! And man we sure did and do love it!

It shares many similarities with West-African and northeastern Brazilian cuisines - of which we are also huge fans. When the food was not vegan (quite often) and we got frustrated with gluttony (quite often too), we got ourselves thinking immediately about how to veganize it. And here we want to present you with one of Louisiana's staples: the Po' Boy, a very characteristic baguette sandwich stuffed with fried stuff and more.

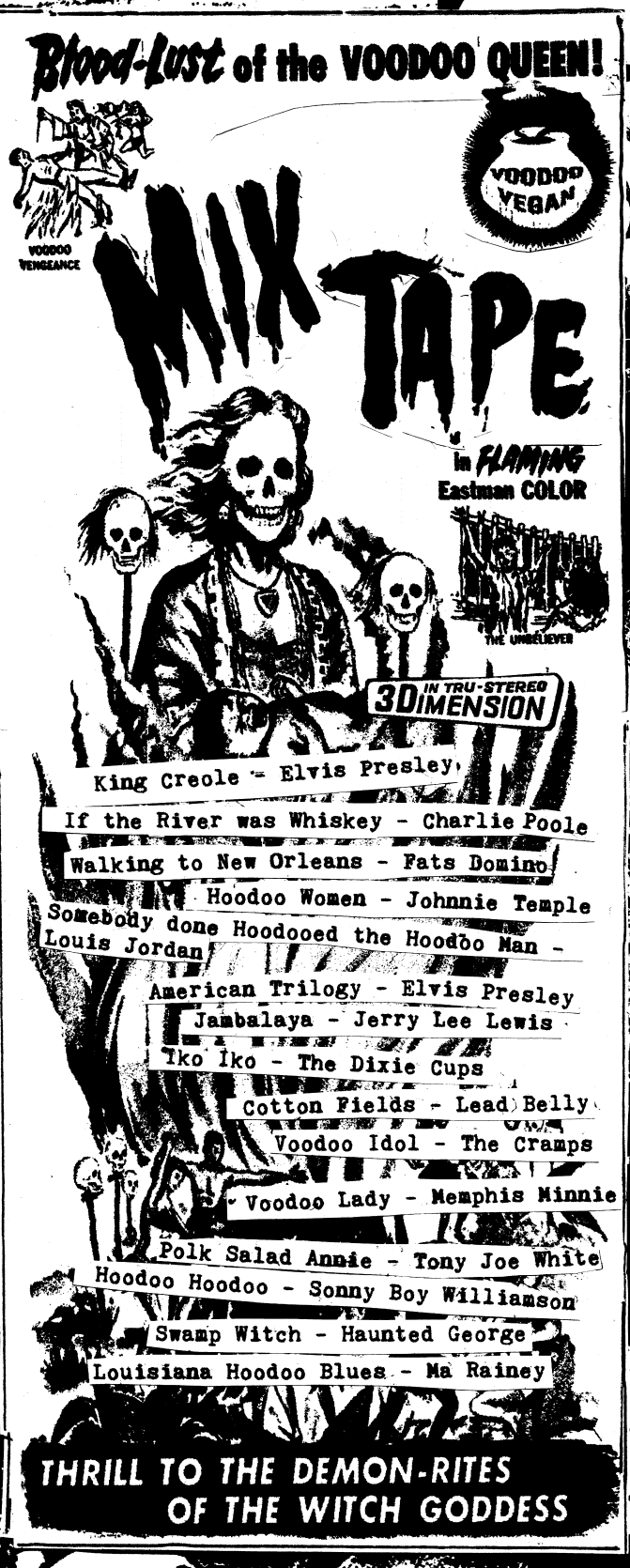
The one made with oysters sounded too good to our ears and that's where we got the idea for this recipe. Of course we voodoo-veganized it with bourbon and beer but you sure do get the general idea.

We know we wrote a lot but to compensate we promise the recipe will be brief and simple and, more important, very tasty!

The DRUNKEN OYSTER MUSHROOMS PO'BOY

Whenever Voodoo Vegan posts a playlist, you oughta listen. You even managed to compile a great Xmas playlist. Please give us 10-ish songs we should play when it's po'boy time.

Oh yes! We have playlists for every occasion. Here's a 15 song one for this recipe (sorry it's not 10 but it was already too torturous to keep it as few as 15 songs):


Blood-Lust of the VOODOO QUEEN!
VOODOO VEGAN
VOODOO VENGEANCE
MIX TAPE
in FLAMING Eastman COLOR
THE UNBELIEVER
3D IN TRU-STEREO 3DIMENSION
King Creole - Elvis Presley
If the River was Whiskey - Charlie Poole
Walking to New Orleans - Fats Domino
Hoodoo Women - Johnnie Temple
Somebody done Hoodooed the Hoodoo Man - Louis Jordan
American Trilogy - Elvis Presley
Jambalaya - Jerry Lee Lewis
Iko Iko - The Dixie Cups
Cotton Fields - Lead Belly
Voodoo Idol - The Cramps
Voodoo Lady - Memphis Minnie
Polk Salad Annie - Tony Joe White
Hoodoo Hoodoo - Sonny Boy Williamson
Swamp Witch - Haunted George
Louisiana Hoodoo Blues - Ma Rainey
THRILL TO THE DEMON-RITES OF THE WITCH GODDESS

drunken oyster mushroom po'boy

ingredients (for 2 po'boys)

3 cups of oyster mushrooms
2 French bread loaves/baguettes
1/4 Brazilian lettuce, shredded
1 tomato, sliced
Pickles, to taste
Optional: Hot sauce, fresh cilantro and fresh lemon juice

For breading:
- 1 cup all-purpose flour
- 1 cup corn meal
- 1 beer (preferably a strong IPA or a dark BA one)
- Vegetable oil, for frying

Spice mix:
- 2 tbsps. black pepper
- 2 tbsps. powdered kelp seaweed
- 1 tbsp. onion powder
- 1 tbsp. garlic powder
- 1 tbsp. paprika
- Cayenne powder to taste

For the sauce:
- 1 cup vegan mayonnaise
- 2 tbsps. bourbon whisky
- 1 tbsp. chopped parsley
- 1 tbsp. horseradish
- 1 tbsp. Dijon mustard
- 1 tsp. finely chopped capers
- 1 tsp. apple cider vinegar
- 2 tbsps. granulated dry onions
- Salt and pepper, to taste

notes

MUSHROOMS - Not fond of fungi? Shame on you. Try this recipe with bamboo shoots, palm hearts or seitan pieces.

HOT SAUCE - make your own fermented hot sauce, it's easy and satisfying! And finish it with a splash of rye whisky. Otherwise you can use a Louisiana-style hot sauce, like that famous addictive one that comes in a little red-labelled glass bottle.

BEER - use a strong IPA, if you fancy hoppyness, or a dark barrel aged one for a more caramelly profile that complements the bourbon sauce. The important thing really is to choose a beer with a strong character so its profile can shine through the frying process.

BREAD - traditional po' boy is made on a long French-style baguette cut into sections. The crust should be really crunchy (you can slightly toast your bread just before serving) and the interior fluffy as a cloud.

So what are you waiting for? Go get your mojo cookin'!!!

preparation

1) THE SAUCE
Just whisk all the ingredients for the sauce together and it's done. Set aside.

2) MUSHROOMS PREP
Prepare your spice mix by -duh- mixing your spices. Sprinkle half of it on your mushrooms (with the gills facing up), splash them with a few tablespoons of beer and give them a gentle massage. Let them sit as you proceed with the rest.

3) BREADING TIME
Mix all-purpose flour, cornmeal and remaining spice mix. Dredge the mushrooms first in the flour mix, then dip in the beer, and then coat in flour again. Let them sit on a rack until ready to fry. Heat your oil in a medium sized pan or fryer. Once it's hot enough - around 175°C or when it splatters as you 'carefully' add a drop of water to it - put the coated mushrooms in the oil. Just don't overcrowd your pan, go in batches. Fry for around 5 minutes, or until golden 'n crispy. Place them on a rack lined with paper towels before you proceed to assemble your po'boys.

4) ASSEMBLING
Cut your loaves lengthwise, smother them with sauce on both sides, make your bed of veggies and top it with your fried 'oysters'. Squeeze some lemon on it if you fancy and hot sauce, of course. Voilà.

Punk Dog

Punk Dog is –
Tasty
Karma-free
Attitude

A few years ago you were catering the annual vegan hardcore fest in Ypres (Belgium) frontin' a Ratos De Porao shirt, plus I saw you had some Black Flag-inspired Punk Dog stickers... How punk is Punk Dog? You're still in touch with the (Brazilian) punk scene?

Punk Dog was my way out of having a boss, office-hours and of course fulfills my desire to have good hotdogs made of plants. It allows me to put in practice believes that I carry from the punk/hardcore attitude: do not easily accept a no, respect nature and individuals and DIY [Do-It-Yourself]. Therefore, Punk Dog tries to participate as much as possible on festivals, events, parties or markets that are aligned to our view. Punk shines pretty much through in everything Punk Dog does.

Before COVID-19, I'd still get in touch with Brazilian bands that came to tour Europe. A good friend of mine helps them when travelling around Europe and through that I got to know good bands and good people (which is more important). I used to go to squats in Utrecht and Amsterdam to check out what was going on regarding concerts as well.

And of course it's also very much about them hotdogs. I noticed your main thing is a Brazilian styled dog. What's exactly Brazilian about it? What's cool about Brazilian street food in general?

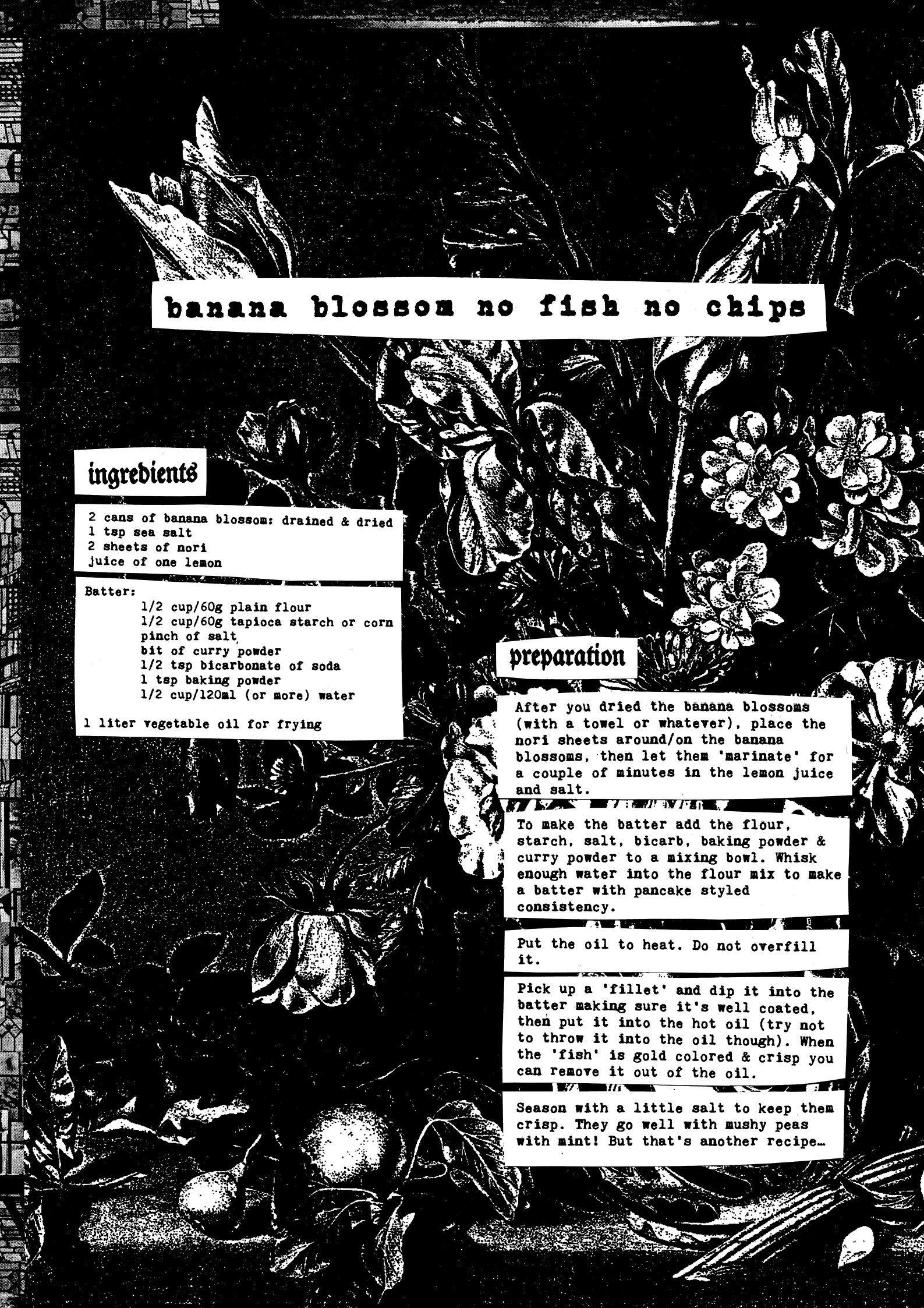
Brazil is a huge country and every region has 'its own way' of making a hotdog. In São Paulo, where I am from, it is common to (at least) put mashed potatoes, tomatoes & onion salad on them and also cover them with crunchy shoestring fries. These elements were incorporated (stolen) into the Punk Dog concept and it was our first (and most popular) hotdog: The Roots Dog Roots.

In general, Brazilian street food is remarkably diverse. Because cities can be more than 2000km away from each other, costumes, tastes, surroundings, etc. are insanely different. In one region one would have African originated food (acarajé) and in another region it would be Asian originated street food like Pastel.

Why did you pick the Banana Blossom No Fish & Chips for us?

To be honest there isn't a specific reason why I have chosen this dish. I tried it at my former restaurant and it was a hit! And to spread the word to the vegans that miss a fishy bite.

ROOTS BLOODY ROOTS



banana blossom no fish no chips

ingredients

2 cans of banana blossom: drained & dried
1 tsp sea salt
2 sheets of nori
juice of one lemon

Batter:
- 1/2 cup/60g plain flour
- 1/2 cup/60g tapioca starch or corn
- pinch of salt
- bit of curry powder
- 1/2 tsp bicarbonate of soda
- 1 tsp baking powder
- 1/2 cup/120ml (or more) water

1 liter vegetable oil for frying

preparation

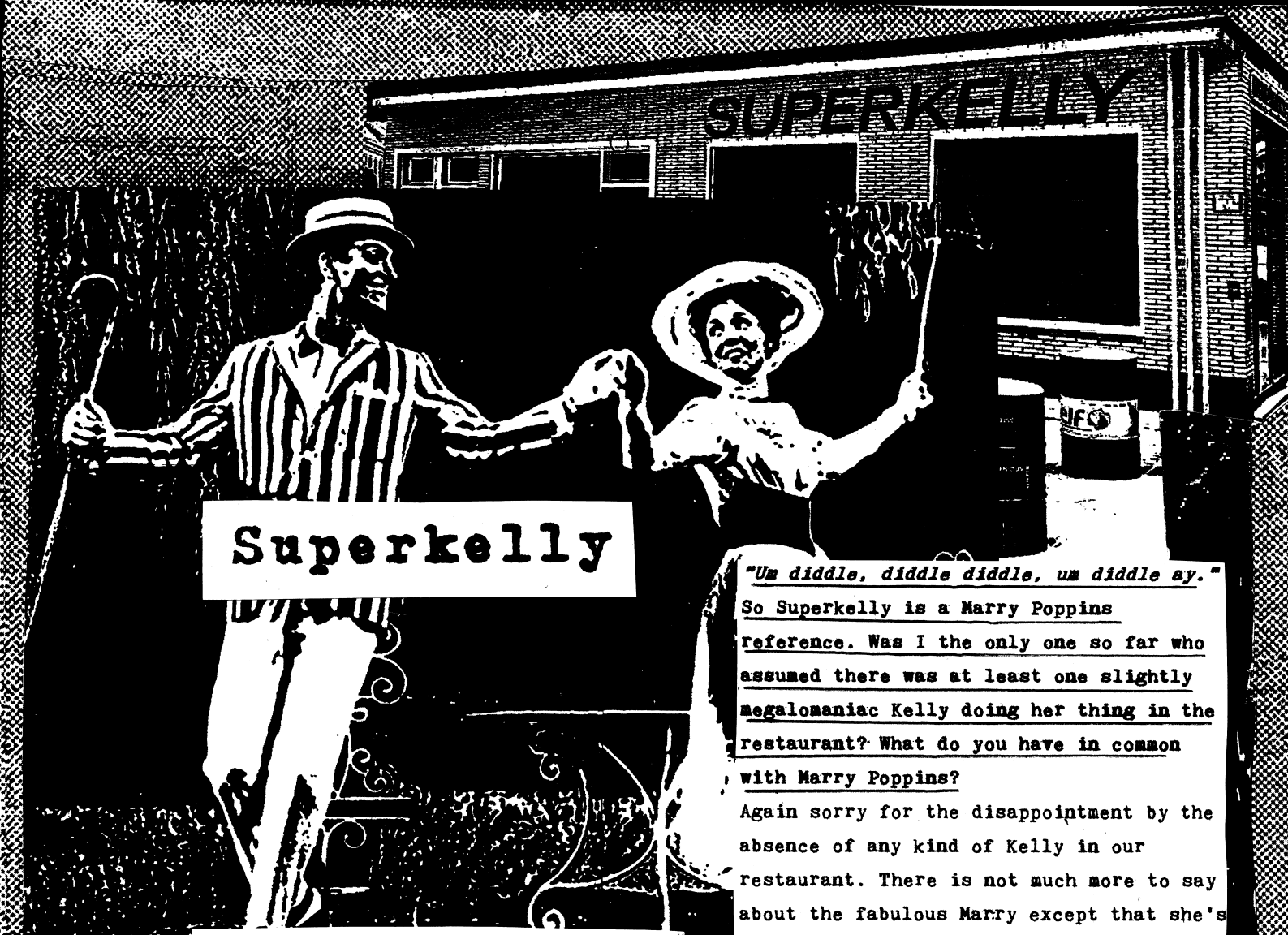
After you dried the banana blossoms (with a towel or whatever), place the nori sheets around/on the banana blossoms, then let them 'marinate' for a couple of minutes in the lemon juice and salt.

To make the batter add the flour, starch, salt, bicarb, baking powder & curry powder to a mixing bowl. Whisk enough water into the flour mix to make a batter with pancake styled consistency.

Put the oil to heat. Do not overfill it.

Pick up a 'fillet' and dip it into the batter making sure it's well coated, then put it into the hot oil (try not to throw it into the oil though). When the 'fish' is gold colored & crisp you can remove it out of the oil.

Season with a little salt to keep them crisp. They go well with mushy peas with mint! But that's another recipe…



Superkelly

Please introduce the new kid in town: who are the people behind Superkelly and what can we expect from them?

So I'm Jelle, founder and owner of SUPERKELLY. Most of the time you'll find me behind the bar and serving tables. After years of working in a restaurant nearby I found this perfect location to start my own business.

All recipes and cooking is the work of Sil, she's my niece and partner in crime at SUPERKELLY. Her creative kitchenbrain knows no limits. With a lot of flair and enthusiasm she prepares the most stunning and delicious meals.

There is still more to come and expect from us in the future. We opened on the 9th of January, in the middle of a lock-down due to COVID-19. Once we open our doors for customers to sit-in and enjoy our food and drinks, we will truly give everything we got and so much more. SUPERKELLY will be a place where you can hang around all day, from morning coffee till evening cocktails and food sharing.

"Um diddle, diddle diddle, um diddle ay."

So Superkelly is a Marry Poppins reference. Was I the only one so far who assumed there was at least one slightly megalomaniac Kelly doing her thing in the restaurant? What do you have in common with Marry Poppins?

Again sorry for the disappointment by the absence of any kind of Kelly in our restaurant. There is not much more to say about the fabulous Marry except that she's amazing and makes it impossible to forget the humming tunes of that one ineffable song.

Our name came out of that one song but besides that it's just a great name and like the song, impossible to forget once you know it.

What do we need to know about the recipe you're offering us?

Our crusted turnip looks rough and robust at the outside and is really smooth and soft at the inside, that's what makes this a really interesting dish. Not only to make it but also to eat it. All those different textures make you even more curious for the next bite.

We finish the dish with caramelised hazelnuts and a dot of balsamic cream which gives it an extra dimension and a sweet-sour contrast.

Making such a great dish with turnip is really satisfying because the turnip is often an underappreciated vegetable. Most of the time down in a broth or soaked in a mash.. give the little guy some credit.

Puffed turnip in bread crust, topped with a cream of celeriac, balsamic vinegar & hazelnut crumble

ingredients (for eight turnips)

turnips:

- 8 turnips and 50 gram foliage
- 400 gram of flower
- 2 tbs of sourdough starter (or 1 tbs of dry yeast)
- Coarse sea salt
- Fresh bay leaves, thyme and rosemary
- 1 tbs yeast flakes
- Juice of 1/2 lemon
- 100 ml olive oil

Cream of celeriac:

- 800 gram celeriac
- 240 ml plant based milk
- nutmeg
- pepper and salt
- balsamic vinegar
- crushed hazelnut
- vegetable stock

preparation

Scrub the turnips clean and poke them a few times with a fork.

Blend the flower, sourdough starter, lemon juice, olive oil, yeast flakes and the sea salt (to taste) with a bit of water into a rather sturdy dough and let it rise for an hour. You can add some coffee grit to the mix to get a nice, brownish colour.

Preheat the over to 180°C.

Separate the dough in 8 portions and roll them out into thin slices.

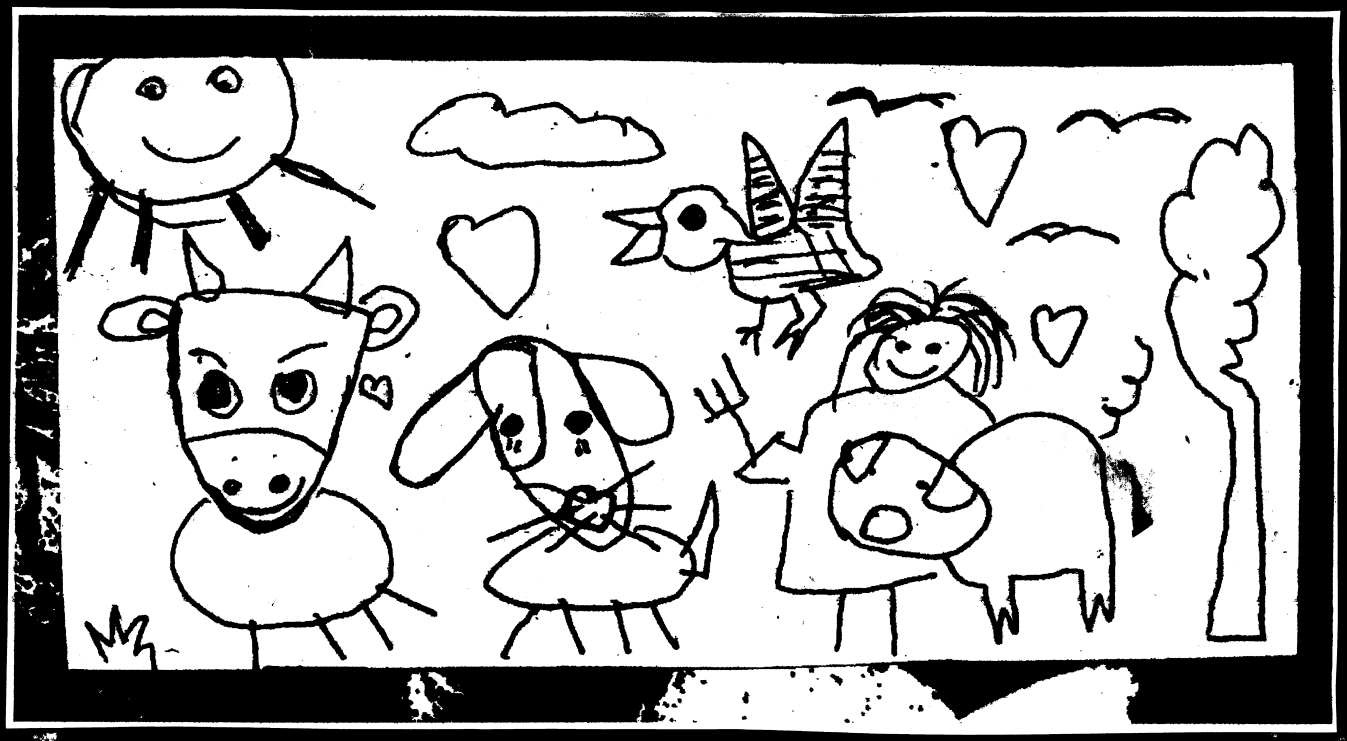
Take a portion of dough and place the bay leave in the middle, put a turnip on top of it and press the dough around the turnip. Wet the top of the doughball and sprinkle a bit of sea salt over it.

Place the turnips in the oven for about two hours until they're crunchy and cooked.

Cut the celeriac into pieces and boil them together with the vegetable stock.
Blend the celeriac and the plant based milk into a cream, and add some seasoning to it.

Moody Foodpecker, Ghent, Belgium.

Do not hesitate to get in touch if you feel like contributing to the next issue.
Facebook will do the trick.



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